



Fall Semester



Career Forum Huge Success!

March 4th was a day to remember! The MaSNA board hosted their annual Career Forum at Worcester State University. This program was witnessed by over 100 nursing students from all over the state. Representatives from AHA, ANA, HURST, Emmanuel, Regis, URI, Simmons, VA Boston and Curry were in attendance as well. The program was headlined by a stirring presentation by Cathleen Colleran-Santos, DNP, RN on Healthy Nurse, Healthy Mass. This speaker stressed that nurses must take care of ourselves before we can take care of patients. "We have to put on our own oxygen masks before we put it on others." The students in attendance were tasked with the simple question "What will you commit to this year?" A simple push to consider our future! Following this, 3 newly graduated nurses spoke about their experience coming into the field. Kate stated that the biggest adjustment was trying to "Get used to understanding the body." Recent grad Tim stated that we have to "Learn it, Live it, Love it". And Cindy reminded us that "it's ok to talk and challenge the doctors." Lastly, HURST came in for a free mini NCLEX review. "This is a test of safety and judgement. No one is happy, someone is dying." This Career Forum was a true testament to the strength of nurses and the career we are coming into. "There are 3.6 million nurses in the USA. We make noise."



INSIDE THIS ISSUE

Featured School.....	2
Hands on Deck... ..	4
CPR Revamp.....	5

FEATURED SCHOOL

UMASS DARTMOUTH

As breast cancer is the most commonly diagnosed cancer in women, the College of Nursing at the University of Massachusetts Dartmouth wanted to raise awareness and show their support against such a life-changing disease. On Sunday, October 16, 2016, students from the College of Nursing attended the Making Strides Against Breast Cancer Walk in Providence, RI to show their support and raised **\$615.00** for the event! In addition to raising money and attending the Making Strides Against Breast Cancer Walk, the College of Nursing at UMass Dartmouth held a college-wide Pink Out Day on Wednesday, October 26, 2016. The campus was filled with students and faculty wearing pink breast cancer awareness shirts to support the cause!

In addition to the great fundraising, every year, the College of Nursing at UMass Dartmouth participates in the annual Clothe-A-Child event held by the Salvation Army in Fall River, MA. Each year, the College receives a handful of cards from the Salvation Army, where each card has a child's name and piece of clothing that they need for the upcoming winter season. Unfortunately, these clothes may be the biggest gift that the child receives for Christmas, so the students at UMass Dartmouth love to lend a helping hand to those in the neighboring community. UMass Dartmouth accepted 45 cards this year for the Clothe-A-Child event, and plan on continuing this beneficent tradition for many years to come.

Want your school or an event featured in our stellar shoutout? Email masna.newsletter1@gmail.com with any suggestions or information! Let everyone know about the great work you do!

At UMD's SNA, we are involved in community outreach programs. These include the breast cancer walk, Relay For Life Walk for the American Cancer Society, Alzheimer's Walk, the Dance Marathon event hosted by the Children's Miracle Network Group @ UMass Dartmouth, and Clothe-A-Child event for Salvation Army. These provide opportunities for students to engage with peers from other levels of nursing, and host guest speakers from the field to talk to students, ranging from the everyday floor nurse all the way to a Nurse Anesthetist; MOSTLY UMD ALUM! We even host a "Speed Dating" night in which nursing students get to meet with a multitude of nurses with different specialties in a speed dating fashion. As part of the community outreach activities, we provide opportunities for students to volunteer at larger organizations, such as being a Summer volunteer Camp Counselor for the Muscular Dystrophy Association. The Student Nurses Association at UMass Dartmouth is also involved with NSNA in which we send students to national conferences and become members as well. In addition the plethora of advocacy/opportunities that UMD's SNA provides, we are expanding the diversity of the organization's student body by adding a "Breakthrough to Nursing" chair to our board! We wish for the nursing workforce to replicate the population we are going to serve, and the best way to do that is allow as many members of that population to be representatives of the society they serve.



Nursing Trivia!

This problem is the most common ailment of nurses. What is it?

This country has such a hard nursing exam that only 96 out of 741 pass! And we thought the NCLEX was hard! What country?

What is the date of National School Nurses Day? Hint– its soon!

The first African American physician started his amazing life as this?

Go to mastudentnurse.org for the answers!

MNA CONFERENCE REPORT

By Charlotte Chang, Treasurer-

On the 13th and 14th of October, Dana, Phuong, and I had the pleasure of attending the Massachusetts Nurses Association (MNA) 2016 Convention, “All Hands On Deck for our Health Care.” It was the first time any of us had attended and MNA Convention, and it was an honor to meet and see some amazing nurses from all over the state of Massachusetts, and learn of the important events currently occurring in the nursing world.

We arrived just in time for the Awards ceremony on the night of the 13th, where we heard about some of the amazing work completed by MNA nurses. We learned of nurse educators who had dedicated their lives and work to building a new foundation of nurses in their hospitals. We heard speeches from nurses who stood up for themselves and other nurses in their floors and hospitals when there were unfair working regulations in their hospitals. We met a nurse who campaigned for safer hospital environments for nurses, after she had a knife pulled on her by the father of one of her patients. These nurses were all inspirational in pursuing what is right, and dedicating their work to the improvement of the nursing world.

Friday morning, we had the honor of personally meeting Dr. Jim O’Connell, the physician who has helped build Boston Health Care for the Homeless into what we know it as today. He spoke of how he initially learned patient care from the nurses at Pine Street Inn, and his experience of adjusting and learning how to give healthcare for the homeless. One of the most heartwarming stories was when Dr. O’Connell recalled his first ever patient at Pine Street Inn, where the charge nurse required that he spend the first two months soaking the feet of patients without ever completing any medical treatments. He spoke of how the experience taught him how no change in the healthcare for the homeless person can be made until an individual takes the time to win their trust and start a heart-to-heart interaction. He spoke of how most of the healthcare available to the homeless were fleeting programs, where there was a lack of consistency or human connection with the patients. Unlike most patients, who come to see their healthcare providers, Dr. O’Connell learned to build teams of healthcare personnel who would go out into the streets to check on and document their homeless patients. These were interdisciplinary teams consisting of nurses, physicians, nurse practitioners, psychiatrists, social workers, and residents who would go around Boston, under the bridges, and into the streets to complete routine healthcare, such as vaccinations, on patients. Today, Dr. O’Connell has built Boston Health Care for the Homeless into a network that began from 6 employees to 350, and is the largest and most comprehensive method of healthcare for the homeless people Dr. O’Connell was an inspiration to listen to, and taught me the importance of persistence, empathy, and always maintaining an open mind.

The second speaker of the morning was Catherine Brown, the Deputy State Epidemiologist for Massachusetts Department of Public Health. With the constantly changing updates regarding Zika Virus symptoms and transmission, Dr. Brown gave us an overview of Zika so that all of attendees had the most recent information regarding identification of the effects of Zika Virus when traveling to certain areas of the world, and its possible transmission in pregnancy to an unborn fetus through sexual intercourse. Dr. Brown enlightened me to different types of mosquitoes and the specific ones that are capable of spreading Zika. I often just thought of Zika as a mosquito-transmitted disease, but I never thought about what specific species of mosquitoes capable of spreading Zika, and what sorts of environments these mosquitoes live in. For example, in the state of Massachusetts, we are far too north, which is unideal for the living environment of the *Aedes Aegypti* mosquito. Thus, most cases of Zika in the northeast are spread through sexual transmission rather than mosquito-born. Additionally, I was shocked to see how quickly new developments on Zika research were being published. Dr. Brown emphasized how this information was changing on a daily basis. In fact, some of the tables she showed us were no applicable during her presentation, as the published information had changed the morning of the convention!

In addition to the formal events of the conference, we were able to meet with many of the nurses informally, who opened our eyes to many of the struggles in the nursing working world. We spoke to nurses who told us horror stories about back to back shifts, and the lack of regulation in the nurse to patient staffing ratio. They also spoke of heartwarming stories of their patients, and spoke to us on what nursing education was like for them decades ago (hint: it really hasn’t changed too much!). Every single nurse welcomed us with open arms and were more than willing to give us advice and mentorship that we will carry on as nursing students and in the future as RNs. As they constantly reminded us, it is the duty of all of us to continue to foster the best nurses for the next generation. This was definitely an amazing opportunity, and I look forward to attending again next year.

MASNA TAKES ON CPR HAND IN HAND

Nurses must always be educating the public and updating our practice in order to help our patients. This year, lead by Sydney Conti, the Board of Directors wrote an NSNA resolution around the groundbreaking teaching that Compression Only CPR. This technique has been found by the American Heart Association to be as beneficial as compression and rescue breathing CPR.

During the 30:2 ratio of compressions to breaths, its VERY important to make rescue breaths quickly because every second compressions are not happening, there is an extremely rapid rate of decline in perfusing oxygenated blood throughout the body, which is difficult to push forward again after the momentum has ceased with compressions.

Based on this information, and the high statistics of people being too intimidated to get involved, as well as high prevalence of cardiovascular disease/demise, the major intervention is to train people just the compressions half, in order to save precious moments/body systems that, if deprived nutritive blood long enough, would surely die. Maintaining this momentum can save lives.

The Resolution asks the NSNA “to collaborate with the American Heart Association to increase education of Compression only CPR for untrained lay people. That the NSNA encourage state and school constituents to promote training sessions for compression only CPR. That NSNA encourage colleges to make compression only CPR training a mandatory requirement for incoming students if feasible” will be presented in front of the House of Delegates at the NSNA National Convention in Dallas this April.

If you are attending this event and intend to stand as a Delegate, please consider supporting the hard work of Sydney and the Board. As nurses, we must always be educated to the best ways to save our patients. Compression only CPR can saves lives!

HOW TO PERFORM CPR

CPR SAVES LIVES... **...IF YOU ACT QUICKLY**

About 400,000 cardiac arrests happen outside of hospitals each year in the U.S.

Hands-Only CPR can DOUBLE or TRIPLE an adult patient's chance of survival!

AT 4 MINUTES without oxygen, permanent brain damage sets in.

AT 8 - 10 MINUTES without oxygen, death can occur.

of out-of-hospital cardiac arrest patients die because no one on the scene gave CPR.

BEFORE YOU START

- 1. Check for responsiveness.**
Tap the shoulder and shout, "Are you okay?"
- 2. Call for medical emergency services if no response.**
If others are nearby, shout for help and send a specific person to call 911 (or your local animal hospital) for you. If you're alone, call 911 (or your local animal hospital) and explain the situation.
- 3. For Humans Only: If you're near an AED (defibrillator), follow the instructions to give one shock to the patient.**



WANT TO BE INVOLVED? GET PUBLISHED!

Our Board is here to support you! If you have any of the following,

- An event upcoming you want us to feature
- A topic you think other students need to know about
- A professor you want to honor
- A student that is going above and beyond to inspire others
- A school program you think is stellar

Then email masna.newsletter1@gmail.com and pitch your idea!!

RECOGNITION

The Board would like to thank

the Massachusetts Nursing Association for their support and alliance! We as student nurses look to your leadership and expertise going forward into this career.

You, our fellow students for reading this and for being involve!

We look forward to serving you!

Look for the Spring Edition in May!

WHAT IS MASNA?

We, your board of directors act in accordance to your duties

- ◆ To assume responsibility for contributing to nursing education in order to provide for the highest quality health care.
- ◆ To provide programs representative of fundamental and current professional interest and concerns.
- ◆ To aid in the development of the whole person, his/her professional role, and his/her responsibility for the health care of people in all walks of life.
- ◆ To advocate for nursing students in preparing for their professional roles as nurses.

As a subsidiary state chapter of the National Student Nursing Association, we are open to all nursing students also involved in NSNA. Your membership to NSNA provides you with insightful opportunities, financial options, discounts to services and a unification to fellow students who are just like you! Consider being coming a member today!

Learn more about MaSNA at mastudentnursing.org

This newsletter designed, Written and Edited by Elizabeth Dugas
Newsletter Editor

Contact Information for BOD

Christopher-
Masna.president1@gmail.com
Dana-
masna.presidentelect@gmail.com
Hana-
masna.vp@gmail.com
Abiola-
masna.csecretary@gmail.com
Charlotte-
masna.treasurer1@gmail.com
Sydney-
masna.resolutions@gmail.com
Phuong-
masna.breakthrough@gmail.com
Courtney-
masna.fundraising1@gmail.com
Maria-
masna.communityhealth@gmail.com
Jessica-
masna.webmaster@gmail.com
Samantha-
masna.region1@gmail.com
Zachary-
masna.regional2@gmail.com
Matthew-
masna.regional@gmail.com
Nicole-
masna.regional4@gmail.com
Kathleen-
masna.regional5@gmail.com